

# Group Exercise Schedule

Effective August 26th, 2019

\*Indicates time change.

 Indicates new class

## Class Format Key

Silver Sneakers	Aquatics	Cardio
	Mind-body	Strength

BROADVIEW HEIGHTS



PARKS & RECREATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30AM-9:15AM</b> <b>H.I.I.T.</b> Riley (GRPX B)	9:00AM-9:45AM Senior Cardio Sue (Gym B)	<b>8:30AM-9:15AM</b> <b>H.I.I.T.</b> Riley (GRPX B)	9:00AM-9:45AM Senior Cardio Erin (Gym B)	<b>8:30AM-9:15AM</b> <b>H.I.I.T.</b> Riley (GRPX B)	8:15AM-9:00AM Cycling Susan (Cycling Room)
9:00AM-10:00AM Aquacise Aerobics* Doris (Pool)	<b>10:15AM-11:00AM</b> <b>Bootcamp</b> Kristin S. (GRPX B)	9:00AM-10:00AM Aquacise Aerobics* Doris (Pool)	<b>10:15AM-11:00AM</b> <b>Bootcamp</b> Kristin S. (GRPX B)	9:00AM-10:00AM Aquacise Aerobics* Doris (Pool)	9:15AM-10:15AM Cardio Kickboxing Kristin B. (GRPX B)
9:00AM-9:45AM Senior Cardio Sue (Gym B)	<b>12:00PM-12:45PM</b> <b>Beginner Yoga</b> Christine (MPB)	9:00AM-9:45AM Senior Cardio Sue (Gym B)	<b>12:00PM-12:45PM</b> <b>Beginner Yoga</b> Christine (MPB)	9:00AM-9:45AM Senior Cardio Gina (Gym B)	9:15AM-10:00AM Cycling Susan (Cycling Room)
10:00AM-11:00AM Cycling Susan (Cycling Room)	6:00PM-7:00PM Cycling Joe (Cycling Room)	10:00AM-11:00AM Cycling Susan (Cycling Room)	6:30PM-7:20PM HardCORE Intensity Cheryl (GRPX B)	<b>9:30AM-10:30AM</b> <b>20/20/20</b> Riley (GRPX B)	9:30AM-10:15AM Vinyasa Yoga Andie (MPB)
10:15AM-11:00AM SilverSneakers Classic* Joyce (Aux Gym)	<b>6:30PM-7:20PM</b> <b>Strength Circuit</b> Riley (GRPX B)	10:15AM-11:00AM SilverSneakers Classic* Joyce (Aux Gym)	<b>6:30PM-7:30PM</b> <b>Hatha Yoga*</b> Lisa (MPB)	10:00AM-11:00AM Cycling Susan (Cycling Room)	10:30AM-11:15AM Zumba Andie (GRPX B)
6:00PM-7:00PM Cycling Jerry (Cycling Room)	<b>6:30PM-7:30PM</b> <b>Hatha Yoga*</b> Ulyana MPB)	10:15AM-11:00AM Mat Class Sue (MPB)		10:15AM-11:00AM SilverSneakers Classic* Joyce (Aux Gym)	<b>SUNDAY</b>
<b>6:00PM-7:00PM</b> <b>Sunset Vinyasa</b> Ulyana (MPB)		6:00PM-7:00PM Cycling Kristin B. (Cycle Room)		<b>6:00PM-7:00PM</b> Cycling Gina (Cycling Room)	9:00AM-10:00AM Cycling Angie (Cycling Room)
		<b>6:00PM-7:00PM</b> <b>Ayurveda Yoga</b> Kim (MPB)			<b>10:30AM-11:30AM</b> <b>Restorative Yoga</b> Ulyana (MPB)

\*\*Aquacise Aerobics cancelled while pool closed for cleaning. Will return in September at new time indicated on schedule.\*\*

Classes are subject to change without advance notice. Please check our website for the most up-to-date schedules, pricing, and descriptions.